



# HEALTHY AGING: FALL PREVENTION

## Reduce the Risk of Falling

Falls are the leading cause of injury and injury-related deaths for older adults. One fall can have both physical and psychological effects, limiting one's ability to maintain independence. Despite the increased risk, falling does not have to be an inevitable part of aging. Follow these simple tips to reduce the risk of falling in your home.

1. **Exercise regularly to build leg strength and improve your balance and coordination.** Ask your doctor about the best exercise for you. Always remember, "Stay Fit and Flexible!"
2. **Make your home safer by making sure all walk ways are well lit and clutter free.** Reduce tripping hazards by using non-slip mats and grab rails.
3. **Take your time and be patient!** Rushing increases your risk of falling.
4. **Have your vision and hearing checked regularly.**
5. **Interactions between medicines can cause you to lose your balance.** Review all over-the-counter medicines and prescriptions with your doctor or pharmacist.
6. **Limit alcohol consumption.** Drinking alcohol may interact with medications and affect balance.
7. **Wear proper fitting, supportive footwear with low heels or rubber soles.**



In Cooperation With:

### Statewide Injury Prevention Program

(501) 364-3400 or (866) 611-3445 • [www.archildrens.org/injury\\_prevention](http://www.archildrens.org/injury_prevention)

Sources: Center for Disease Control and Prevention, National Council on Aging